

## Outline

### Hitting the Wall

We've all done it....had a plan for reaching a goal or making a change, got off to a good start, and then "stalled out." Remember your last New Year's resolutions - or other plans to change something that you were excited about? But then, you "hit a wall" and it all went away. Don't worry, and don't get discouraged. This session will show you how this is normal; people who succeed experience the same thing, but they have strategies to deal with it. You will learn what to do when you hit the wall, so the change you seek in your life or relationship can happen.

### DVD small group discussion questions:

#1: What is your vision for what you want to change?

#2: What is your pattern when you experience frustration?

#3: What can you do this time to keep that pattern from overcoming you as you go through the wall?